

GRADE 10 CAREER STUDIES: A GUIDE FOR PARENTS AND STUDENTS

INTRODUCTION TO CAREER STUDIES

This is a compulsory half-credit course that Grade 10 students must complete to graduate from high school.

Career Studies is designed to help students gain the knowledge and practical skills they need to explore and learn about various career options – both now and in the future. While this is an exciting time in a student’s life, it can also be a little intimidating when faced with so many career choices.

In this course, teachers will help students make connections between what they learn in school and how these skills may be transferred to other areas of life and work. Students will also examine a variety of careers that match their career aspirations and goals, while keeping in mind future labour markets. Students will have the opportunity to explore multiple pathways such as apprenticeship and skilled trades, college, community living, university and the workplace.

The Career Studies course is organized into three broad areas:

- Developing the skills, strategies and habits needed to succeed in school and work
- Exploring and preparing for the world of work
- Planning and financial management to help meet career and life goals.

This course is designed to help students learn about the importance of resilience and adaptability when confronted with changing circumstances. It is also designed to help students develop a strong sense of self as they plan for the transition after high school.

WHAT STUDENTS WILL LEARN IN CAREER STUDIES

Developing the Skills, Strategies, and Habits Needed to Succeed – students will learn about adapting to change; overcoming challenges; and maintaining a healthy work-life balance. They will learn about how their decisions, including how to use social media, can influence future opportunities. They will also learn how to set short-term and long-term goals and revise these goals as needed.

Exploring and Preparing for the World of Work – students will learn about employment opportunities of the future: investigate high-growth industries in their region and the province including opportunities related to science, technology, engineering and math (STEM) careers. They will also learn about making connections between the skills learned in school and those used in the real world, such as communication skills, collaboration and critical thinking in the work place.

Planning and Financial Management to Help Meet Postsecondary Goals – students will create different résumé types for the jobs and careers of the future, as well as learn the importance of financial management, including budgeting, paying bills on time, the value of using credit responsibly, and options to pay for postsecondary education.

About the Individual Pathways Plan (IPP), Grades 7 to 12

Students in Grades 7 to 12 use a digital Individual Pathways Plan (IPP) which is part of the education and career/life planning program. The IPP allows students to document and reflect on their experiences and learning, as well as explore and evaluate various career destinations. Students can use the IPP to keep a record of their learning, plans and strategies which helps to prepare them for life beyond school.

The IPP includes a record of:

- plans for an initial postsecondary destination, e.g., education, training, the workplace, or community living;
- a detailed plan of the courses and experiences required for a specific pathway(s);
- other postsecondary goals or plans which could include part-time work, volunteer activities, hobbies, or social activities;
- strategies to support the plan, any obstacles and challenges which might affect the plan and the resources and/or assistance needed to achieve these goals.

HOW CAN PARENTS SUPPORT THEIR CHILD?

- Encourage your child to develop life skills, such as time management and taking responsibility, as well as learning lessons from perceived setbacks, developing coping skills and having a good work ethic.
- Support your child in developing strong interpersonal skills such as communicating with different types of people, collaborating and teamwork.
- Ask your child to think about questions such as, “Who am I? What is my plan for achieving my goals? Who do I want to become? What are my opportunities?”
- Explore a variety of career options together by helping your child to:
 - * network with people working in their field of choice so they can learn about that career
 - * enrol in cooperative education courses
 - * enrol in career-focused programs in their high school
 - * search out information about different careers and pathways and labour market trends.
- Ask your child to share their Individual Pathways Plan (IPP) often and discuss their goals, interests and career exploration.
- Be supportive and keep an open mind about the value of all pathways, whether it’s apprenticeship and skilled trades, college, community living, university, or the workplace.

MORE INFORMATION FOR PARENTS AND STUDENTS

Education and Career/Life Planning Program – Fact Sheet

http://www.edu.gov.on.ca/eng/document/policy/cps/ECLP_factsheet.pdf

Choose a career

<https://www.ontario.ca/page/choose-career>

Apprenticeship in Ontario

www.ontario.ca/apprenticeship

Going to college or university in Ontario

www.ontario.ca/postsecondary

Ontario Student Assistance Program

www.ontario.ca/osap

Ontario’s labour market

www.ontario.ca/labourmarket

Get help finding a youth or student job

<https://www.ontario.ca/page/get-help-finding-youth-or-student-job>